

Be River Safe

Diving or Jumping in Rivers

Activities

ACTIVITY:

Diving and jumping in our river(s)

- Watch the **Be River Safe** DVD section **River Safety** segments **Swimming in rivers** and **Being a mate**.
- Think about where you jump or dive in a river in your area and discuss:
 - how you check the area is safe to jump or dive in
 - what risks you identify when you are jumping or diving
 - how you reduce or eliminate the risks
 - what individuals do to be safe when they jump or dive
 - what some individuals do that could be dangerous or is dangerous
 - if the local Council thinks it is a safe place to dive or if there are or have been notices about jumping and diving there
 - if there have been accidents when people have jumped or dived:
 - what happened
 - what were the consequences of the accident for the jumper or diver and for other people.
- You may want to use the activity **How River Safe are people at our swimming hole?** to survey how people use your local swimming spot.
- Use the factsheet: **STOP AND THINK BEFORE YOU JUMP OR DIVE** and your knowledge of the jump or dive spot to make an assessment about how safe your local swimming hole is for jumping and diving.
- Consider:
 - if everyone should be allowed to jump or dive, or does a jumper or diver need a certain level of skill or experience
 - if learners who cannot swim well can jump or dive
 - at what age young people should be allowed to jump or dive
 - who should decide who can jump or dive
 - who should supervise the jumping and diving.
- If you have safe jumping or diving spots in your local river(s), develop a code people can follow so they can jump or dive safely. The code could begin: "We agree that when we are... we will..."
- Get your mates, family, whānau and school to sign up to the jumping or diving code.

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No news is good news

No-one wants to make the news like the teenager in this article.

That teenager could never be me!

Do you think you are bullet proof and would never be the teenager in the news article?

Look at your attitude to being safe when you are in the river. On a 1=low – 10=high scale consider how much of a risk taker you are.

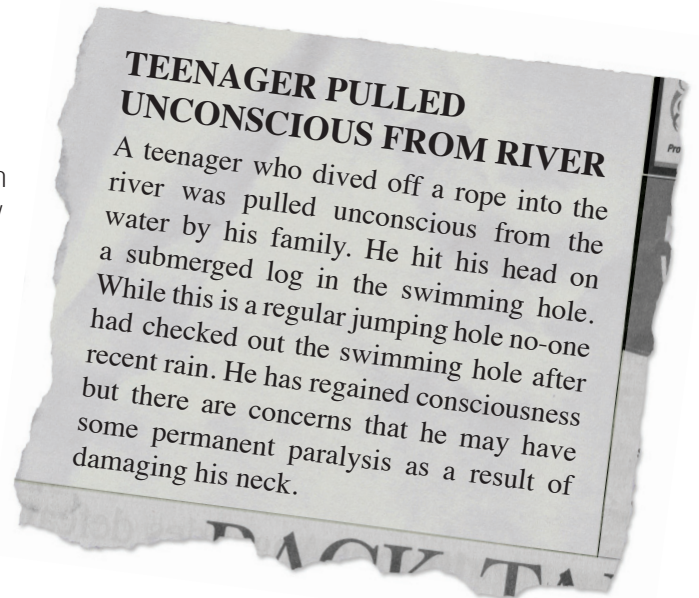
Do you ever you consider the possibility things might go wrong when you do an activity?

Got a high score?

What would make you change your attitude and become more river safe?

How can you keep up the fun level and be river safe?

- Work in groups and write a news report of an incident that could have occurred when people were swimming and jumping in a river.
- Decide what the people involved in the incident could have done to make sure the incident did not occur and did not make the local news.
- If it is obvious what people should do to be safe when swimming, jumping or diving in rivers discuss why every year young people get badly injured or drown doing these activities.



ACTIVITY:

How River Safe are people at our swimming hole?

- Design a survey to see how safe people are when they swim, jump or dive at your local swimming hole. Work out:
 - what you want the survey to cover
 - how you will identify and record behaviour that is safe and behaviour that is unsafe or has a high risk of injury or requiring assistance
 - if you wish to interview individuals or groups, what questions you would ask them
 - who will carry out the survey and when the best time to complete the survey would be
 - what you can do with the results of your survey e.g. seek publicity for your findings.
- Carrying out the survey is a river activity that requires planning. Sequence your planning under these headings:
 - Before we set out
 - Getting to the river
 - At the river
 - Conducting the survey.

Be River Safe ... *if in doubt STAY OUT*

Be River Safe

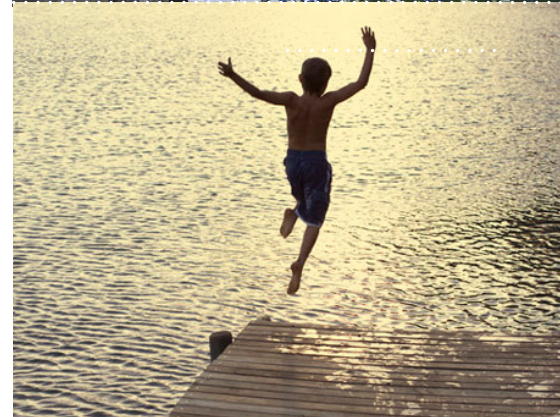
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- Remember to consider:
 - gear: personal, group, technical and safety
 - communication
 - risk identification and management
 - supervision.
- Complete the survey, analyse the results and draw some conclusions.
- Decide what to do with what you have learnt.

ACTIVITY: My jumping or diving profile

- Create a profile for a reckless river user by imagining them answering these questions when they are at the river ready to jump or dive.
 - What do I see?
 - What do I think?
 - What do I do?
 - What do I wonder?
- Create a profile for a river safe jumper or diver by having them answer the same questions.
- Create your own profile by answering the same questions.
- Add in your assessment of:
 - your swimming and jumping, bombing or diving ability
 - your confidence in rivers
 - your level of experience in rivers
 - your ability to say no to an activity that looks like fun.
- Answer these questions:
 - is there anything you want to change about your current profile
 - what might change your attitude or behaviour in any way?



Be River Safe ... *know your limits*